

Written on MARCH 29, 2012 AT 8:00 AM by JWICK

# Get Your Plate in Shape

Filed under FORCE HEALTH AND SAFETY, HEATH [NO COMMENTS]

By Navy Medicine Support Command and Navy and Marine Corps Public Health Center

## “Quick Tips” from Navy and Marine Corps Public Health Center



Results from a [2008 DoD Survey of Health Behaviors Among Military Personnel](#) indicated that 62.7 percent of Navy military personnel are overweight and 14.3 percent are obese. The Navy is reporting the highest per-centages in both categories when compared with the other branches of service and the entire DoD (60.2 percent and 12.6 percent respectively).

Additionally, among all military personnel only 12.7 percent and 14.2 percent have reported eating at least three servings of fruits and vegetables

daily, as compared with the nation’s 2010 objective of 75 percent and 50 percent respectively.

To ensure optimal physical performance, fitness and health, Sailors and Marines must maintain a healthy body weight and proper body fat percentage.

Join our efforts to promote the National Nutrition Month® theme, “[Get Your Plate in Shape](#),” which encourages Americans to remember to make half their plates fruits and vegetables, make half their grains whole, switch to fat-free or low-fat milk, vary their protein choices, cut back on sodium and empty calories, enjoy their food but eat less and to be physically active every day.

### National Nutrition Month— “Get Your Plate in Shape” Tips...

- **Make half your plate fruits and vegetables.**
- **Make half your plate fruits and vegetables.**
- **Make at least half your grains whole.**



### Navy Medicine Video

Navy Medicine is a global healthcare network of 63,000 Navy medical personnel around the world who provide high quality health care to more than one million eligible beneficiaries. Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support aboard ship, in the air, under the sea and on the battlefield.

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- **Switch to fat-free or low-fat milk.**
- **Vary your protein choices.**
- **Enjoy your food but eat less.**
- **Be physically active your way.**
- **Be physically active your way.**
- **Cut back on sodium and empty calories from solid fats and added sugars.**

For more helpful tips click below:

[Navy and Marine Corps Public Health Center](#)

[NMCPHC Healthy Living](#)

[Nutrition Resources](#)

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